



VMC Body Fat / Hydration Monitor Scale

VBF-361 User's Manual

Instruction for Weight

Congratulation on purchasing this VMC Body Fat / Hydration Monitor Scale. This is more than a scale but also a health-monitoring device which helps in assessing your health by monitoring your body fat and water content.

Thanks to its user- friendly programming features, it can store personal information for up to six different people and it is so easy to use. Simply step on the scale and read your weight and body fat and water content composition figures.

Determining the body fat composition

The VMC Body Fat / Hydration Monitor Scale implement the advanced technology called Bioelectric Impedance Analysis (BIA).

A bioelectric current is emitted from the footpads of scale and passed through the feet and into the body. The current travels at different speeds depending on whether it is traveling through lean mass or body fat. The harder the current works, the higher the “ impedance value” that it produces. The scale's microprocessor analyzes the impedance, or speed of the current as it travels through the body, which in turn determines how much fat is in the body. Since everyone is unique, the scale also asks you to enter your height; age and gender, which are used along with your weight, to calculate the composition of fats in your body. To put it simply, the scale plugs the impedance value into an equation along with your sex, age, height and

weight to calculate your body fat percentage. The display correspondingly shows the percentage of fat in your body.

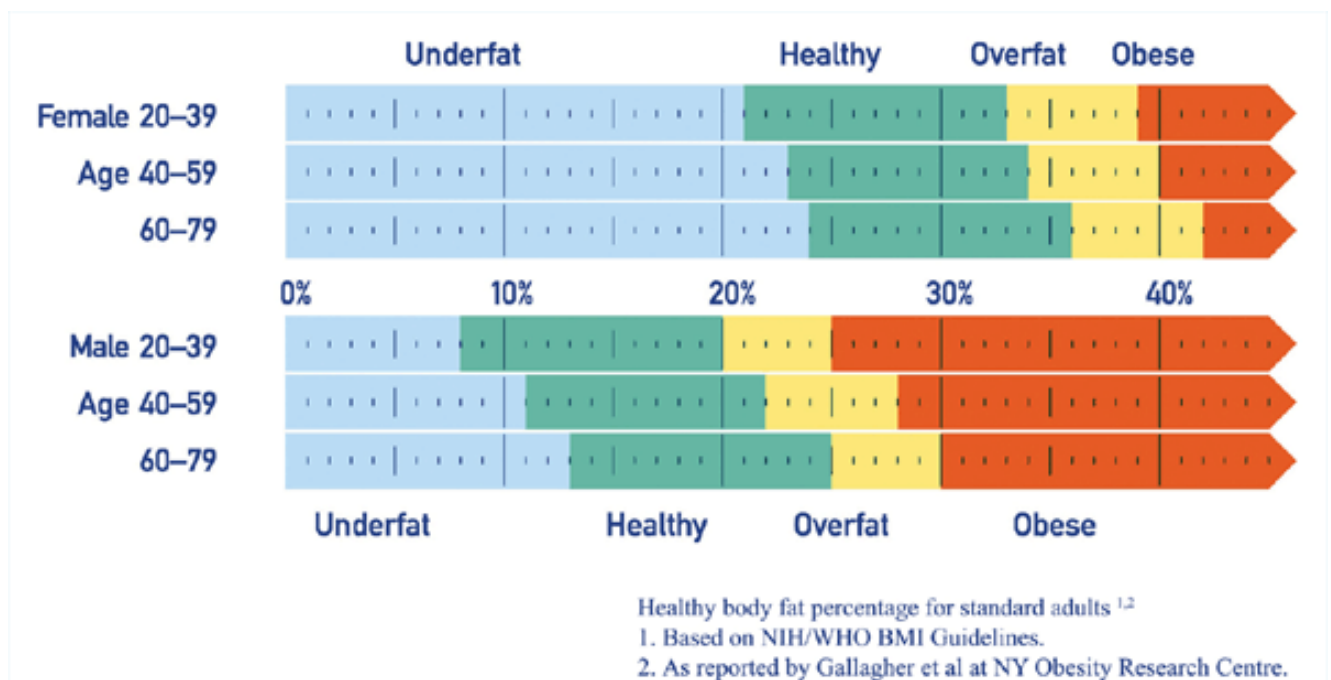
Body Fat Composition Ranges

Your body fat percentage reveals a lot more about your overall health than does your weight. Having an excessively high proportion of fat is defined as obesity.

The figure is a general guideline for determining the health of your body based on your age and body fat percentage. The body fat ranges presented below are approximated numbers. Please consult your physician to determine the specific body fat range/standard that is appropriate for you.

NOTE: Women naturally have approximately 5% more body fat than men.

Body Fat Ranges for Standard Adults



Source: <http://www.tantia.com/consumer/health/measure/weightmgnt.html>

Caution!

1. The use of this scale is not recommended for persons with a heart pacemaker.
2. The body fat function is not recommended for use by pregnant women, persons with fever, swollen legs or other edemas, as well as a person who is over hydrated or dehydrated.
3. Body fat percentages may be slightly higher or lower for children under 16, persons with diabetes and other health conditions.

Operating Instructions

Installing the Batteries

1. Locate the battery cover on the back of the scale.
2. Remove the battery cover and insert the 4 AA batteries.
3. If “L0” appears on the display, replace the batteries.

Instructions for Initial Programming

On the back of the scale platform, use the selector switch to set the unit of measurement to “LB”(pounds) or “KG”(kilograms).

Follow these steps to program your Body Fat / Hydration Monitor Scale:

1. Press and hold the desired User Button until the HEIGHT icon starts flashing.
2. Press the ▲ or the ▼ button to select the desired FEET (or CENTIMETERS in KG mode) ; then press the **SET** button.
3. Press the ▲ or ▼ button to select the desired INCHES; then press the SET button.
4. Press the ▲ or ▼ the button until your correct AGE is shown on the display;

then press the SET button.

5. Press the ▲ or ▼ the button until your correct gender (MALE or FEMALE) is shown on the display; then press the SET button.
6. Once you have entered your information, wait until the display shows “0.0”. Your profile is now programmed into the selected user button and the scale is ready for use.

Repeat Steps 1-6 to program another user’s profile.

NOTE: If a button is not pushed within 20 seconds during programming, “0.0” will be displayed. Wait until the unit turns off and return to Step 1 to continue set up.

If the scale is operating in the **Kilograms (KG)** mode, the height will be set in **centimeters (CM)**.

Monitoring Your Weight and Body Fat Composition

- * Make sure you have programmed your personal data into the scale.
 - * Place the scale on a flat, level surface. A hard surface is best to achieve maximum accuracy. Placing the scale on a rug or carpet may affect the scale’s weighing accuracy.
1. Gently press your personal user number with your toe. Your personal profile will appear on the screen.
 2. Please wait until “0.0” and “0.0%” appears on the display.
 3. Stand on the scale (bare feet only!) so the balls of your feet are on the upper silver pads, heels are on the lower silver pads.

NOTE: For accurate body fat estimates, always measure with dry bare feet.

4. During the weigh measurement, the display will flash “---” and your weight will appear. Next, the display will flash “---” and your body fat percentage will be shown. Following that, your body water percentage will also be shown.
5. The scale will turn off automatically after a few seconds.

NOTE: It is normal for your weight to vary during a day and from one day to another, slight changes in weight are generally normal.

CAUTION!

If “E” appears on the display, an error has occurred. Step off the scale and carefully repeat the steps again. The “E” will appear if:

1. You step on the scale before “0.0” displays.
2. The load is greater than the maximum capacity(330 lb/150kg). **NEVER** apply a load beyond the maximum capacity.
3. The scale cannot measure body fat.

Weight-only Usage

You can also easily obtain an accurate weight-only reading.

* Place the scale on a flat, level surface. A hard surface is best for maximum accuracy.

Placing the scale on a rug or carpet may affect the scale’s weighing accuracy.

1. Tap on the scale platform with the ball of your foot to activate the scale.
2. Wait until “0.0” is displayed.
3. Step on the scale and stand still. The display will flash “---” and your weight will be shown.

4. The scale will turn off automatically after a few seconds.

NOTE: It is recommended to weigh yourself at the same time of the day. It is normal for your weight to vary during a day and from one day to another, slight changes in weight are generally normal.

Some Information About Body Fat

A. Why Measure Body Fat?

The key to long-term weight management and better health is building lean muscle and losing body fat. Being healthy doesn't mean getting "skinny". A thin person can have an excess of body fat. A muscular person can technically be overweight, but healthy. Getting and staying lean means controlling your body fat percentage.

Measurement estimated body fat and weight together gives you a more accurate picture of your total fitness. As a part of a fitness plan, it helps you set more realistic goals, and better reflects a positive healthy change in your overall body composition. Body fat isn't always visible, and traditional scales can't measure it.

B. Body Composition

Not all body mass is the same-you are made up of both lean mass and fat mass. Lean means includes vital organs, muscle and bone; fat mass is body fat. You need a certain amount of body fat for good health. It helps the body store energy, insulates and protects lean mass. Too much body fat, however, is not healthy. Obesity is defined as having an abnormally high proportion of body fat. Obesity is known to be a risk for health problems. Please consult your physician before beginning any fitness,

fat, or weight reduction program.

C. Is All Body Fat Bad?

Everyone has some body fat. In fact, “Essential” body fat helps keep you healthy. It cushions and insulates your joints, tissues and vital organs. It helps regulate body temperature and stores important vitamins. It even helps the body sustain itself when food is scarce. If you had too little body fat, your body would start breaking down muscle tissue for energy.

Too much body fat, however, can lead to serious health problems, including heart disease, high blood pressure, type 2 diabetes, stroke, osteoarthritis, gallbladder disease, sleep apnea and other respiratory disorders, and certain types of cancer.

D. How much Body Fat is right for me?

To determine the body fat range that’s right for you, we recommend you consult your doctor.

E. How does Body Hydration Level relates to Body Fat %?

Hydration level of your body varies according to moisture content in your body, relates to the moistures of food intake, alcohol, illness, and rate of metabolism. The hydration level of your body will directly affect the accuracy of your body fat %. Intake of caffeine, alcohol and diuretic medication, strenuous exercise that leads to perspiration & women’s menstrual cycle are all dehydrating. This Body Fat / Hydrating Monitor scale not only tells you your body fat %, it also tells you the relative hydration %.

Your Healthy Lifestyle

Experts say that in order to be successful at losing weight, you must change your lifestyle----not just go on a diet. Health and fitness are not about counting calories or cutting fat. Getting into great shape and staying fit means eating right, exercising regularly, and monitoring your weight and body fat together.

Losing Weight Alone Does Not Mean Getting Fit

Individuals who attempt to “lose weight” by cutting calories and trying “fat-free” diets may actually become “fatter” in the end. Although it may appear as though you have become “thinner”, with diet alone, you often lose weight by losing beneficial muscle and bone tissues mass, or water weight, and not fat. This is not necessarily a healthy strategy for weight loss. According to the FDA, diets such as the low-carbohydrate diet or high-carbohydrate diet also neglect federal nutrition dietary guidelines, and can potentially cause risk factors for high cholesterol, gout, kidney stones, etc.

Alternatively, by reducing your calories intake and adopting a regular aerobic exercise and strength-training regiment, you can lose weight more positively by decreasing your body fat. Through regular exercise and healthy eating, you can burn fat and lose excess weight. Thus, by monitoring your body fat, you can lose your “unhealthy” fat mass, and not mistake the short-term loss of your healthy muscle tissue or water weight as being positive. Losing weight safely and keeping it off requires long-term changes in your daily eating and exercise habits. A research study called the National Weight Control Registry believes that people who have been

successful at losing weight and keeping it off share four common behaviors. They watch their diet, eat breakfast, are physically active, and monitor themselves by weighing frequently.

(Source: <http://www.fda.gov/fdac/features/2002/102-fat.html>)

NOTE: The material and information provided in this brochure are not intended to replace the advice of your doctor or fitness professional. Please consult your physician before beginning any fitness or fat/weight reduction program. Individual weight losses may vary.



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